

ASPIRE

(After-School Program Intervention and Resiliency Education)

SCOPE OF TREATMENT

WHO SPECIFICALLY IS TREATED IN THIS PROGRAM

ASPIRE is an intensive outpatient program for children, teens, and young adults who are experiencing anxiety, depression, or other symptoms related to a mental health condition. The programs help participants gain practical coping strategies through dialectical behavioral therapy (DBT) and expressive arts. Participants take part in individual therapy, group sessions and activities that allow them to practice what they've learned in a supportive environment. And, the programs give family members an opportunity to learn and participate in therapy.

Parents must participate in weekly parent group/s and provide transportation to and from program. The program is an 8 week commitment for teens and a 12 week commitment for youth in middle school. The patient will meet with the program psychiatrist on a weekly basis.

WHO TO REFER

Youth ages 13-18 in middle/high school. Patients who have symptoms significant enough to warrant an intensive outpatient program. Examples include: decrease in school performance, multiple school absences, depression, suicidal thoughts, self-harm behaviors, withdrawal, anger outbursts, unable to attend school, mood lability; unable to manage in outpatient treatment despite multiple sessions/week; stepdown treatment from inpatient hospitalization; stepdown treatment from a residential program.

Many participants do take antidepressants, mood stabilizers. Medications are not a pre-requisite for participation in the ASPIRE program.

CONSIDERATIONS PRIOR TO REFERRAL

ASPIRE is not a program suitable for those with a primary diagnosis of substance abuse/dependence. Most youth have experimented, must agree to abstinence during program and random drug screens are given.

OTHER PERTINENT INFORMATION

Admission requires in-person assessment (no charge). We accept referrals from primary care, community providers, schools, residential, inpatient programs, and from family or self-referrals. The cost of services is covered, in-network, by most commercial payors. Please connect with the El Camino Hospital Patient Assistance program if needed.

Enrollment into the program is continuous, and participants may begin their program at any time. The program follows a specific curriculum so no vacations are permitted during treatment so that no information is missed.

APPROPRIATE CONTACT INFORMATION FOR PROGRAM

Intake line: 866-789-6089

www.elcaminohospital.org/ASPIRE

LOCATION(S)

MOUNTAIN VIEW

2660 Grant Road, Suite D, Mountain View 94040

LOS GATOS

825 Pollard Road, Suite 201, Los Gatos 95032